

GASTROBACK®

Operating Instructions VITAL BLENDER PRO



Art.-No. 40986 Vital Blender Pro

Read all provided instructions before first use!
Model and attachments are subject to change!
For household use only!



Carefully read all provided instructions before you start running the appliance and pay attention to the warnings mentioned in these instructions.

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Dear Customer!

Congratulations! Your new Gastroback Vital Blender Pro comes with some remarkable features for preparing your dishes.

The Gastroback Vital Mixer Pro shows an ultimate application flexibility, distinguished by the combined function of a blender and a small food processor. The applications range from the ice-crushing into fine snow, creating smoothies, very creamy frappes and soups, crushing and chopping nuts, vegetables and herbs into small pieces of equal size, creating a perfect puree and minced meat for delicious dishes.

Furthermore has the Gastroback Vital Mixer Pro a 1000 watt high performance professional motor and a detachable 6-fold stainless steel blade.

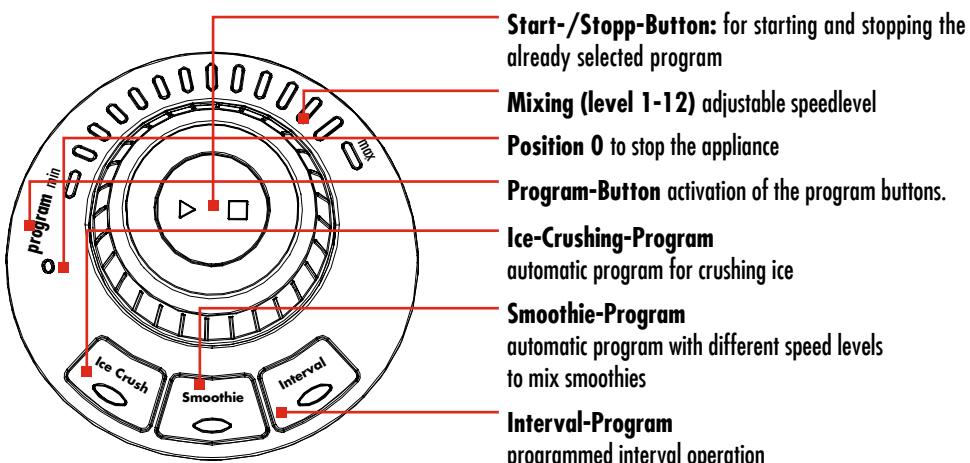
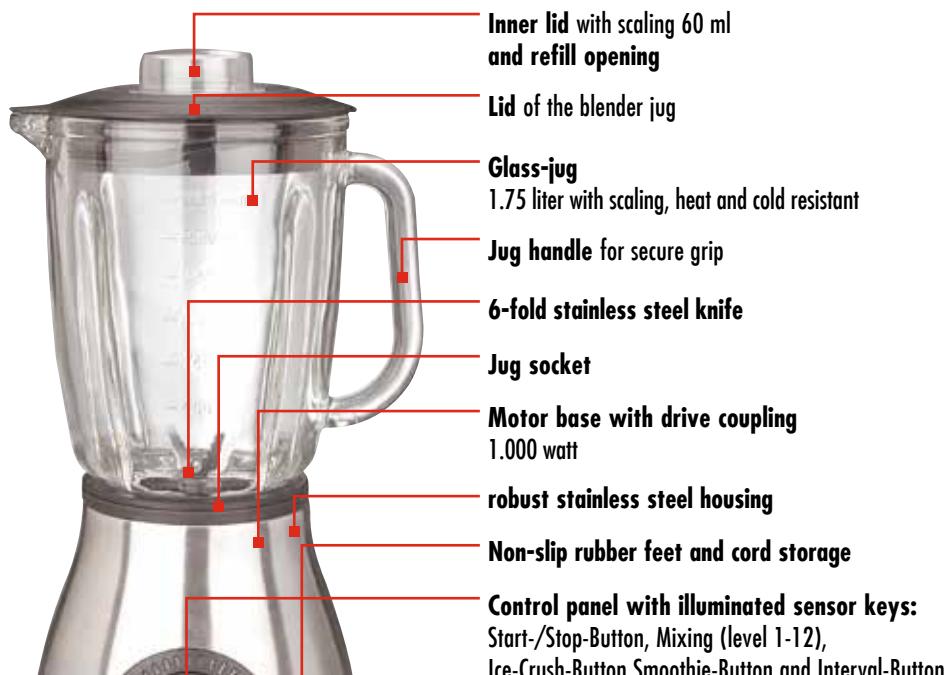
Please read this manual carefully. The quickest way to get all the benefits of your new blender when you check before putting all the features!

We hope that you will enjoy your new blender.

Your Gastroback GmbH



KNOWING YOUR VITAL BLENDER PRO



IMPORTANT SAFEGUARDS

Save the instructions for further reference. Do not attempt to use this appliance for any other than the intended use, described in these instructions. Any other use, especially misuse, can cause severe injury or damage by electric shock, fire or moving mechanical parts. These instruction is an essential part of the appliance. When passing on the appliance to a third person, ensure to include these instructions.

Never leave the appliance unattended when in operational mode. Any operation, repair and technical maintenance of the appliance or any part of it other than described in these instructions may only be performed at an authorised service centre. Please contact your vendor.

- **WARNING:** To avoid injury to persons and damage, always turn the appliance off, wait for the motor to stop completely and unplug the appliance, immediately after operation and before assembling/disassembling or cleaning the appliance. Never use force operating, assembling or disassembling the appliance.
- **WARNING:** The blades are very sharp. Pay attention when handling the parts. Only touch the blade assembly housing when handling the blades. Handle with care when cleaning.
- **Note:** Ensure the appliance is properly assembled and the blade assembly housing and the silicon seal are properly attached before connecting the plug into the power outlet. Never turn the appliance on without the lid or inner lid. Never place the holder or the blade only on the motorblock. Never touch the drive gear when the plug is connected to the power outlet.
- **WARNING:** If the blade is mounted in the blender jug, the blender jug is positioned on the motorblock, and the plug is connected to the power outlet, do not insert your fingers, a wooden or plastic spoon or similar cooking utensils or foreign substances in the blender jug. Always take the blender jug off the motorblock before pushing the food down with a spoon.
- **WARNING:** Never place the blender jug on the motorblock without the blade assembly housing. Without the blade assembly housing the bottom of the blender jug is open. Liquids could spill and might damage the motorblock.
 - If the blender jug is not securely locked on the motorblock, the appliance does not work.
- **IMPORTANT: Ensure the blender jug is locked securely onto the motorblock and that you can not knock the appliance over during operation. The motor will not start before the plug is plugged into the power outlet, the blender jug is securely locked onto the motorblock and the appliance is switched on.**
- Do not operate the appliance continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute before you continue.
- **Do not** chop extremely hard food, such as nuts with shell or bones to avoid overrunning, spurt out or that the motor stalls or stuck during operation because the blade is blocked.
- **WARNING:** Do not operate the appliance when the blender jug has a crack or any part of it is likely to be damaged. The appliance is likely to be damaged if the appliance was subject to inadmissible strain (i.e. overheating, mechanical, or electric shock) or if there are any cracks, excessively frayed parts, distortions or the motor stalls or stuck. In this case, immediately unplug the appliance and return the entire appliance (including all parts and accessories) to an authorised service centre for examination and repair.

- **WARNING:** Do not fill ingredients into the blender jug which exceed a temperature of 60 degrees. After processing ice cubes slowly heat up the blender jug before processing hot ingredients. Otherwise the blender jug will crack or get damaged. Use gloves processing hot liquids and do not fill the blender jug up too high. Ensure not to burn yourself on the blender jug, on overrunning, spurt out or hot steam. Touch the handle only for lifting the blender jug. When processing hot food take out the inner lid to let out the hot steam and to avoid pressure build-up. Place a towel over the opening in the lid to avoid splatter.
- **WARNING:** When processing hot food take out the inner lid to let out the hot steam and to avoid pressure build-up. Place a towel over the opening in the lid to avoid splatter.
- Never place anything other than food and liquids in the blender whilst the motor is running.
- **WARNING:** Do not place blender in the freezer with food or liquids. This will freeze and damage the blade assembly housing, blender jug and motor.
- **CAUTION: DO NOT** place the motorblock in an automatic dishwasher.
- **ATTENTION:** The circular plastic surround attached to the base of the blender jug is not removable! Same with the plastic surround attached to the blades.
- **The function keys are pre-programmed and turn the power off automatically and the device switches to the ready mode. »Ice Crush« program after approximately 70 seconds, »Smoothie« program after about 1 minute, »Interval« program after about 50 seconds.**

Safeguards for daily operation

- The appliance is designed for normal household quantities. **Do not** operate or store the appliance outdoors or in damp or wet areas.
- **Do not** attempt to operate the appliance using any parts or accessories not recommended by the manufacturer (i.e. blade, sealing ring). **Do not** operate the appliance, when the appliance or any part of it is likely to be damaged, to avoid risk of fire, electric shock or any other damage or injury to persons. **Do not** attempt to open the motor housing or to repair the power cord. Check the entire appliance regularly for proper operation. The appliance is likely to be damaged if the appliance was subject to inadmissible strain (i.e. overheating, mechanical, or electric shock) or if there are any cracks, excessively frayed parts, distortions or the motor stalls or sticks. In this case, immediately unplug the appliance and return the entire appliance (including all parts and accessories) to an authorised service centre for examination and repair.
- **Do not** lift, pull or carry the appliance by the power cord. To move or operate the appliance, always grasp the motorblock.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Do not let children play with the appliance. Cleaning and user maintenance must not be carried out by children without supervision.
- Close supervision is necessary when the appliance is used near young children. **Do not** let young children play with any parts of the appliance or the packaging. The blade is extremely sharp. The appliance is **NOT** intended for use by children or infirm persons without supervision. Take care that no one will pull the appliance by the power cord, especially when young children are near.

- Always place the appliance on a clean, dry and stable surface where it is protected from inadmissible strain (i.e. mechanical or electric shock, overheating, frost, moisture) and where young children cannot reach it. Do not place the appliance near the edge of a bench or table during operation. Vibration during operation may cause the appliance to move.
- Operate the appliance on a well accessible, stable, level, dry, and suitable large surface. **Do not** place the appliance or any part of it on or near hot surfaces (heater, gas burner, grill, or oven). **Do not** place the appliance near the edge of the table or counter or on inclined or wet surfaces or where it can fall. Keep the entire appliance away from direct sunlight and sharp edges. Ensure the blender jug is locked securely onto the motorblock and that you can not knock the appliance over during operation to avoid personal injury. Do not place the appliance on a metal surfaces for example, a sink drain board.
- Never place the appliance or the jug of the appliance on the edge of the work surface. Please ensure that the appliance can not tip over. Always place the jug on clean, smooth surfaces. Dirt and sand can also damage the lock in the socket.
- Never leave the appliance unattended when the plug is connected to the power outlet. Always **IMMEDIATELY** turn the appliance off, wait for the motor to stop completely, and then unplug the appliance, if the appliance is not in use (even for a short break) and before assembling, disassembling or cleaning. Never leave the appliance unattended when in operational mode.
- **Do not** leave any food dry on the surfaces of the appliance. **Do not** immerse the motor housing or power cord in water or any other liquid. **Do not** pour or drip any liquids on the motor housing or power cord. When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.
- **Do not** place the motorblock in an automatic dishwasher!
- To avoid damage, **do not** use any abrasive cleaners, corrosive chemicals (i.e. disinfectants, bleach) or cleaning pads for operation or cleaning. **Do not** use any hard or sharp utensils for operation or cleaning. Always handle the entire appliance and all parts of it with care and without violence.
- Do not use the blender for purposes other than for the preparation of food.
- **Do not** use the appliance if it is damaged or parts of the appliance are damaged. **Do not** use the appliance if it does not function properly or if it was excessively loaded. The appliance is likely to be damaged if the appliance or parts of the appliance show cracks, exorbitant wearing down, alterations or leaks. It is also likely damaged if the drive wheel of the motorblock moves slowly. Take the appliance for technical maintenance and repair to an authorised service centre.
- Do not operate the appliance without food or liquids in the blender jug.
- **WARNING:** Do not overfill the blender jug to avoid overrunning, spurt out. If necessary, take some food out of the blender jug, using a wooden or plastic spoon, before starting the appliance again.
- In the unlikely event of an excessive load or if the motor stalls or stuck turn off the appliance (all buttons are deactivated) to avoid overheating and let the motor rest for 10 seconds to cool down before continuing to operate.

- **WARNING:** The jug socket is firmly connected to the mixing jug and should not be removed from the mixing jug. **ATTENTION:** The blades are screwed firmly to the plastic holder of the blade assembly and should not be disassembled!
- **The appliance is for household use only.**

Movable and sharp-edged parts – risk of injury

- Never place the socket and / or the knife individually on the motor base. Do not touch the drive wheel of the motor base with your hands when the power cord is plugged in. Do not remove the blender jug from the motorblock whilst in operation.
- Always turn the appliance off (all buttons are deactivated), wait for the motor to stop moving and then pull the plug before removing the blender jug from the motorblock or taking off the lid. It could take about 3 seconds until the motor has completely stopped. Never leave the appliance **>On<** when not in use.
- **Never** put your hands, wooden spoons or other foreign substance (such as hair, cloth, brush, towels) into the blender jug when the motor is running or the appliance is connected to the power outlet. Always take the blender jug off the motorblock first before you push down the food with a spoon or add new ingredients.
- Ensure the appliance is properly assembled and that the blade is properly attached before putting the plug into the power outlet. Do not operate the appliance without the lid or the inner lid. Never place only the jug or the blade assembly housing only on the motorblock. Never touch the drive gear when the plug is connected to the power outlet.
- Turn on the appliance only if the mixing jug with lid and inner lid are securely attached and **do not leave the appliance unattended during operation**. If processing solid ingredients (example: solid fruit and vegetables) or the jug is filled too full, the engine could get stuck, stagnate or turn too slow. Immediately turn to **>O<** (switch position: OFF) – the appliance is turned off when all the keys have gone out – in order to avoid overheating. Observe the instructions for trouble shooting (see: **>Trouble Shooting<**). Unplug the power cord and wait for 1 minute so that the motor can cool down. Then you can continue working as usual.

Important safeguards for all electrical appliances

- Always operate the appliance near a suitable wall power outlet and connect the appliance directly to the power outlet. Do not use any extension cords or a multiple desk outlet.
- Ensure that the voltage rating of your mains power supply corresponds to the voltage requirements of the appliance (230/240 V, 50/60 Hz, AC). Always connect the appliance directly to a mains power supply wall socket with protective conductor (earth/ground) connected properly. The installation of a residual current safety switch with a maximum rated residual operating current of 30 mA in the supplying electrical circuit is strongly recommended. If in doubt, contact your local electrician for further information.
- **Do not** leave the appliance unattended when connected to the power supply. Always turn the appliance off (all buttons are deactivated) and immediately unplug the appliance after operation and if it is not in use (even for a short break) and before cleaning and/or assembling or disassembling. Always grasp the plug to disconnect the appliance from the power outlet.
- Fully unwind the cord before use. Always handle the power cord with care. **Do not** pull or strain the power cord. The power cord may never be knotted or squeezed. **Do not** let the power cord hang over the edge of the table or counter. Take care not to entangle in the

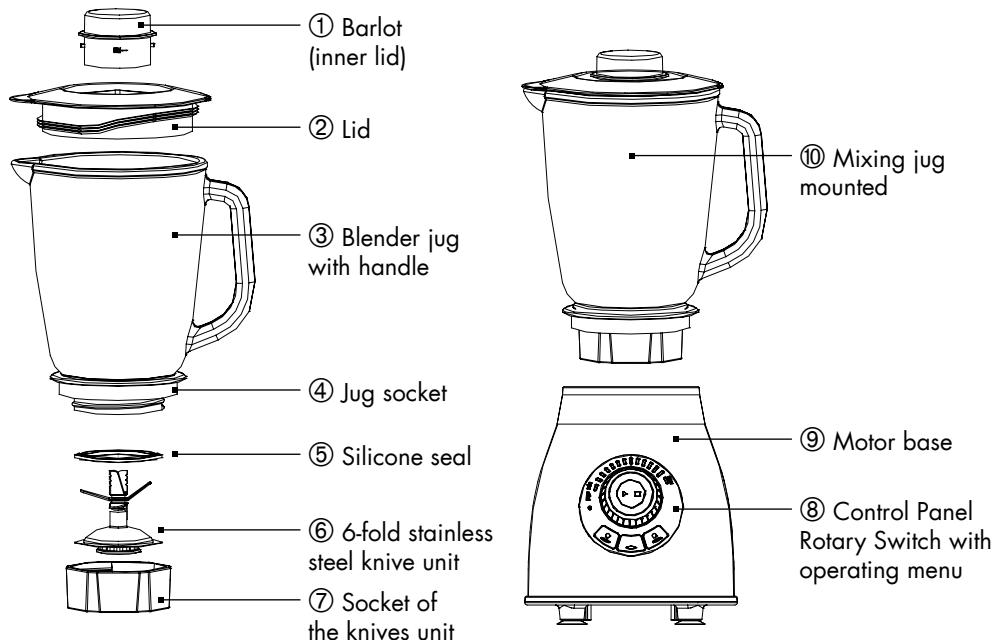
power cord. **Do not** touch the appliance with wet hands to avoid risk of electric shock. **Do not** touch the appliance, if it is damp or wet or is touching wet surfaces while connected to the mains power supply. In this case, immediately unplug the appliance and dry the appliance (see >Care and cleaning).

- Ensure that the holder at the bottom of the blender jug is leak-proof before putting the blender jug on the motorblock. Always wipe off spilled liquids immediately. Do not immerse the motor or power cord in any liquids or spill any liquids on it or place the motor on wet surfaces. Never let any liquids run into the motorblock or underneath it to avoid electric shock. There are louvre underneath the motorblock. Ensure that no water can run into the louvre. When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.

TECHNICAL SPECIFICATIONS

Model:	Art. No. 40986 Vital Blender Pro
Power supply:	220-240 V AC, 50/60 Hz
Maximum power consumption:	1,000 W
Blender jug volume:	1.75 litre
Length of power cord:	approx. 100 cm
Weight:	approx. 4,1 kg
Dimensions:	approx. 230 x 180 x 430 mm (width x depth x height)
Revolutions:	20,000 +/- 15% per minute
Ice Crush	20,000 +/- 15% per minute
Smoothie	16,000 +/- 15% per minute
Interval	14,000 +/- 15% per minute
Certification:	  

ASSEMBLING AND DISASSEMBLING THE APPLIANCE



Assembling the blender jug

Make sure that the blender jug and all parts are clean before you assemble the blender.

CAUTION: Make sure that the appliance is turned off.

1. Place the silicone seal (5) under the inner edge of the knife unit (6).

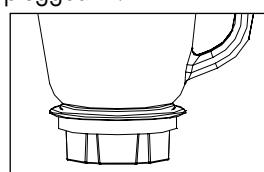
Note: The knife unit is provided with a silicone seal which rests loosely on the version of the knife unit. Make sure that the silicone seal is positioned properly on the socket of the blade unit. The silicone seal must be clean and without deposits, cracks and wrinkles.

2. Insert the knife unit (6) with silicone seal (5) onto the socket (7).

3. Screw the socket (7) with knife unit (6) and silicone seal (5) on the glass blender jug (3) firmly. Place blender jug upside down and turn the plastic socket with knife and silicone seal on the blender jug by turning it clockwise to lock the jug bottom.

4. Now place the blender jug on the motor block. **CAUTION:** Make sure that the mixer is switched off (rotary switch setting >0<). The measuring scale should face forward and the handle should point to the right (see pic. 1). The appliance can only operate when the Start/Stop-button or a program is activated and the power cord is plugged in.

5. After inserting all the ingredients in the blender jug, place the lid (2) (with the tongue from the lid into the drain of the blender jug) onto the blender jug by pushing it down.



Pic. 1

6. Close the opening of the lid with the inner lid (1). The inner lid has two small guide pins that fit into the corresponding holes on the refill opening of the lid. Turn the inner lid after insertion clockwise. The inner lid positioned securely after latching with a *click* and no longer can be raised (pic. 2).

ATTENTION: The blades of the knives are very sharp. Pay attention handling it and if possible only hold on to the socket.

IMPORTANT: Do not tighten the blade assembly housing with force or too tight to avoid damaging the appliance or the sealing ring.

ATTENTION: Ensure the blender jug is leak-proof and that the blade assembly housing and the sealing ring are in proper position and firmly locked before putting the blender jug on the motorblock. Without the blade assembly housing the bottom of the blender jug is open. Spilled liquids might run right into the motor. Always wipe off spilled liquids immediately. Never let any liquids run into the motorblock or underneath it to avoid electric shock. When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.

ATTENTION: Never place only the socket or the knife unit on the motorblock. Never touch the drive gear when the plug is connected to the power outlet.

ATTENTION: Take care always to ensure that no liquids run into the motor base or onto the motor base. If liquid has run over the housing of the motor base, turn off the power immediately and unplug the power cord from the outlet. Wipe the liquid then with a dry cloth, then dry the housing well.

WARNING: If liquid has been spilled into the inside of the motor base, do not connect the appliance to the power outlet in order to avoid the risk of electric shock or fire, and damage to the equipment. Have the appliance checked in this case in a specialised service centre.

ATTENTION: Never try to sharpen the blade. Replace the blade if it is blunt. Please contact our service department for the replacement part.



Pic. 2



Single parts of the blender jug



Blender jug assembled

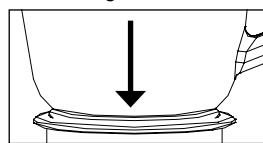
Disassembling the blender jug

1. Always turn off the appliance by positioning the rotary switch to >0< (switch position: OFF) – the appliance is turned off when all the lights are off – wait until the motor has come to a complete stop and unplug the power cord before removing any parts.
2. Grasp the blender jug by the handle and lift the jug upwards from the motor block.
3. Remove the lid of the blender jug and empty the jug.
4. Remove the inner lid (Barlot) from the opening of the lid.
Note: The inner lid has two small guide pins that fit into the corresponding holes on the refill opening in the lid. Turn the inner lid a little bit counter-clockwise to loosen it from the lid and lift it upwards.
5. Turn the blender jug upside-down. The underside of the knife unit is now up. Grasp with the left hand the handle of the blender jug and with the right hand the plastic socket of the knife unit. Unscrew the plastic socket counterclockwise from the blender jug and remove the socket of the knife unit from the blender jug.
6. The knife unit is provided with a silicone seal which rests loosely on the socket of the knife unit. Remove the silicone seal for cleaning from the socket of the knife insert.
7. Rinse the removed parts with a sponge and warm soapy water and dry the parts. Be careful not to injure yourself on the cutting edges of the knife. Clean the plastic parts with warm soapy water. To do this, use any wire wool, abrasives or harsh cleaning aids like. The blender jug, lid, inner lid, blade assembly and silicone sealing ring are dishwasher safe at max. 60 °C. The jug you can in the lower compartment, clean all other parts in the upper compartment of the dishwasher at low temperature.



Pic. 3

ATTENTION: The circular plastic surround attached to the base of the blender jug is not removable (pic 4).



Pic. 4

ATTENTION: The circular plastic surround attached to the blades is not removable.

ATTENTION: The blades of the knives are very sharp. Pay attention handling it and if possible only hold on to the socket.

OPERATING

Before first use

WARNING: The blades of the knife unit are very sharp. Pay attention when handling the blades. Only touch the blade on the knife unit socket. Do not leave young children play with the appliance or any part of it or the packaging material: Choking hazard!

After unpacking, remove all promotional and packaging materials as well as any foreign objects. Do not remove the rating label.

Before first use and after a long period of storage, clean the appliance and all its units with a damp soft cloth and warm soapy water (see >Care and cleaning<). The blender jug, lid, inner lid, knife unit and silicon seal are dishwasher safe.

Note: When using your blender for the first time, you may notice an odour coming from the motor. This is normal and will dissipate with use.

General Tips

Place the blender jug on a suitable, stable, dry, and clean working surface. (see: »Safeguards for Daily Operation«). Always wipe off spilled liquids immediately. Never let any liquids run into the motorblock or underneath it to avoid electric shock. When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.

WARNING: Do not place the appliance on wet underlayments or clothes. If liquid has been spilled into the inside of the motor base, do not connect the appliance to the power outlet in order to avoid the risk of electric shock or fire, and damage to the equipment. Have the appliance checked in this case in a specialised service centre.

WARNING: If the blade is mounted in the blender jug, the blender jug is positioned on the motorblock, and the plug is connected to the power outlet, do not insert your fingers, a wooden or plastic spoon or similar cooking utensils or foreign substances in the blender jug. Always turn the appliance »Off« and wait for the motor to stop before taking the blender jug off the motorblock, removing the lid, checking the food, pushing the food down with a spoon or filling in more ingredients. Use cutlery made of wood, rubber or plastic only. Never use force when trying to push the food down or trying to remove food that blocks the blade.

The Vital Mixer Pro can not replace all of your kitchen appliances. The mixer can not be used for: beating the white of eggs or juicing fruits and vegetable. Also it is not possible to use it for stirring very firm batter or dough or for chopping very hard ingredients such as nuts with shell, bones or alike.

IMPORTANT: Do not leave any food dry on the surfaces of the appliance. Always clean the appliance right after use (see »Care and cleaning«).

Tips for operation

- Use the mixing function (level 1 - 2) for drink or cocktail making and emulsions such as mayonnaise, dressings, marinades and foods that require mixing until just combined, such as batters, also for pureeing and airing liquids.
- Use the »Smoothie Program« to blend fruits, ice cream and yoghurts into thick smoothies, whips and milkshakes.
- Use the »Ice Crush Program« for foods that only require short bursts of power such as chopping nuts or ice crushing, when blending drinks containing ice cubes or frozen fruit.
- With the »Interval Program« process food to be stirred or mixed at different speeds, such as milk powder and sauces. The Blender starts an automatic program with different speeds.
- Ensure all foods are cut into cubes (approx. 2-3cm squares) where appropriate to achieve an even result.

IMPORTANT: Do not overload the motor with food that is oversized or too hard. Turn the appliance off as soon as the motor stalls or sticks to avoid overheating of the motor (see »Trouble shooting«). Fill liquid ingredients into the blender jug before solid ingredients, unless it is described different in the recipe. Prepare your food before you fill it into the blender jug. Do not overfill the blender jug.

- Do not put more than 2 cups of warm ingredients into the blender before blending commences. After the blending process has begun and the blades are turning you may slowly add another 1½ cups of ingredients through the opening in the lid if desired.

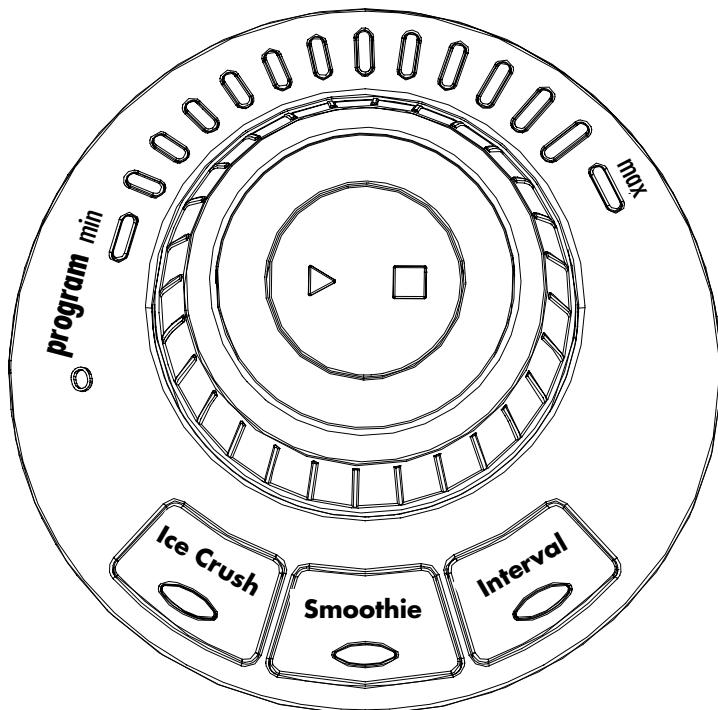
- Thick mixtures puree more efficiently if the blender is ¼ to ½ full.
- When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the blender jug with a plastic or rubber spatula, once or twice during blending.
- Do not use metal utensils as they may damage the blades or blender jug.

WARNING: If the blender jug is positioned on the motorblock, and the plug is connected to the power outlet, do not insert your fingers, a wooden or plastic spoon or similar cooking utensils or foreign substances in the blender jug. Always take the blender jug off the motorblock before pushing the food down with a spoon. Do not use any force while pushing the food down. Use only wooden or plastic utensils. Metal utensils could damage the knives or the jug.

- Do not operate a heavy mixture for more than 10 seconds. For normal blending tasks, for example, mayonnaise, dressings etc., do not operate for longer than 2 minutes at one time without turning off the appliance and stirring the ingredients, and then continue blending.
- Do not operate the blender without having the blender lid in position. To add additional ingredients whilst blending, remove the inner lid and place ingredients through the opening in the lid.
- Do not fill the blender jug above the >MAX< line (1,75 litre). Overloading the blender jug could cause the motor to stall. Turn the blender off, pull the plug out of the poweroutlet and remove a portion of the mixture from the blender jug before continuing.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not use the blender jug to store food.
- The blender will not knead dough or mash potatoes.
- Do not remove the blender jug while the blender is operating. Always make sure the blender is turned off by pressing the Power button and unplug the power cord from the power outlet.
- Do not place hot or boiling ingredients into the blender; allow to cool before placing into the blender jug. The ingredients must not exceed a temperature of 60 degrees. Use gloves processing hot liquids and do not fill the blender jug up too high. Ensure not to burn yourself on the blender jug, overrunning, spurt out or hot steam. When processing hot food take out the inner lid to let out the hot steam and to avoid pressure build-up. Place a towel over the opening in the lid to avoid splatter.
- Do not place the blender near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour and other substances. Vibration during operation may cause the appliance to move.
- For applications such as the production of e.g. mayonnaise, dressing etc. do not operate the appliance without interruption for more than two minutes.
- If the motor runs heavy (engine noise changes) during the mix or smoothie function, choose the Ice Crush function. With short bursts, the food is pre-crushed before you fully process the food in a different function mode.
- If the ingredients are sticking to the sides of the blender jug during mixing, turn off the power and remove the jug from the motor base. Remove the lid and push the ingredients with a small rubber spatula gently towards the blades at the bottom of the blender jug.

- If you process hot foods, take the inner lid from the lid so that the steam can escape and no pressure inside the blender jug is created. Place a kitchen towel over the lid to protect from splashes and steam.
- Clean the jug and the knives immediately after each use.

Control-Panel



With the three different program buttons, you can influence the consistency of the ingredients. The buttons are labeled accordingly. For some suggestions for use of the individual speed settings, see the following table:

Ice Crush	Ideal for processing nuts (i. e. almonds), bread or cookies (crumbs or cake crust), raw vegetables (stuffing, fillings, puree, soup), herbs and spices (pastes, sauces), dried fruit (fruit mince), crushing ice, for mincing meat or fish or for grinding hard and solid seeds such as beans, cafe, chickpea, or grinding sugar to make icing sugar. Prepare with the function delicious cocktails, drinks with ice or frozen fruit.
Interval	For the stirring of milk powder, ready-made juices, to prepare eggs for omelettes, for mixing ingredients such as hash, purees, pastes, sauces, dessert sauces, toppings or creating dressings and for cleaning of the blender jug.

Smoothie	For processing of whole fresh fruit, smoothies, yogurt, ice cream, milk shakes, frappes and smoothies.
Mixing Level 1-12	For individual stirring ingredients of various liquids and at the desired speed.

The length of mixing time depends on your personal preferences, the consistency of the ingredients and the recipe.

Production steps

WARNING: Ensure the blender jug is locked securely onto the motorblock and that you can not knock the appliance over during operation to avoid personal injury.

Connected the plug to the power outlet.

Note: The motor wont start before the appliance is set into operational mode and a function is selected.

1. If the appliance is properly assembled and securely locked onto the motorblock fill the ingredients into the blender jug. Do not fill the blender jug above the >MAX< line (1,75 litre).

IMPORTANT: Pre-cooked ingredients should cool down before processing. Food with hard texture should be cut in pieces of 2 cm size before filling them into the blender jug. Fill liquids in first. Do not overload the blender jug to avoid spilling or overloading the motor.

2. Place the lid on the blender jug and press the lid down to seal the top of the blender jug. Close the opening of the lid with the inner lid.

Note: The blender lid is constructed to fit tightly onto the blender jug, avoiding displacement during operation.

IMPORTANT: Make sure that the inner lid is securely installed into the lid.

WARNING: Never take the blender jug off the motorblock, the lid of the blender jug or place a spoon or other foreign substance into the blender jug while the motor is running. Always turn the appliance off first and wait for the motor to stop moving. Now you can remove the blender jug off the motorblock, remove the lid and check on the ingredients.

WARNING: Do not fill ingredients into the blender jug which exceed a temperature of 60 degrees. After processing ice cubes slowly heat up the blender jug before processing hot ingredients. Otherwise the blender jug will crack or gets damaged. Use gloves processing hot liquids. Ensure not to burn yourself on the blender jug, overrunning, spurt out or hot steam. Remove the inner lid and cover the opening with a towel to release excess pressure and steam.

IMPORTANT: Ensure the blender jug is properly locked on the motor block and stands securely. The appliance does not work if the blender jug is not in proper position on the motor block. If the blender jug is removed while the appliance is turned on, the lights go out.

3. To start mixing (Mixing levels 1-12), select the required speed level (turning the rotary switch to the selected level of 1-12. See: >Selecting Speed levels<) and press the Start-/Stop-button.

Speed level selection

Turn the rotary switch from the position »MIN« to position »MAX« (the three LEDs will go off). The »ice crusher«/»smoothie«/»interval« buttons can not be pressed. You can regulate the speed of the high-performance motor in 12 steps between »MIN« and »MAX« using the rotary switch individually. To stop, press the stop button to turn it off, turn the switch to »0« (switch position: OFF) - the appliance is turned off when all the lights are off - wait until the motor has come to a complete stop and pull the power plug.

Program Selection

1. Set the rotary switch to the »program« position (the three Indicator lights flash blue). Now the programs are selectable.

2. Select the desired program (Ice Crush, Smoothie, interval).



»Ice crush« program

Press the »ice crush« button, the corresponding indicator lamp is light on (the other two indicator lamps go out). The blender automatically starts the program with different speeds and multiple breaks. The program automatically ends after about 68 seconds. Press the Stop button to terminate the program prematurely at any time. When the program is finished, the three indicator lights flash again.

»Smoothie« program

Press the »Smoothie« button, the corresponding indicator lamp is light on (the other two indicator lamps go out). The blender starts an automatic program with different speeds to mix smoothies. The program ends after about 60 seconds automatically. Press the Stop button to terminate the program prematurely at any time. When the program is finished, the three indicator lights flash again.

Note: The Smoothie function has a unique processing technique. Heavy and solid foods are first processed with a slow speed. Once the food is thick, the speed increases automatically. This can happen more often for the preparation of smoothies.

»Interval« program

Press the »interval« button, the corresponding indicator lamp is light on (the other two indicator lamps go out). The blender starts an automatic program with different speeds. The program ends after about 43 seconds automatically. Press the Stop button to terminate the program prematurely at any time. When the program is finished, the three indicator lights flash again.

3. When the foods have the desired consistency, switch to Stop mode (press Start-/Stop-button) and turn the rotary switch to position »0« (switch position: OFF) - the appliance is turned off when all lights are off - wait until the motor has come to a complete stop and pull out the power plug from the outlet. Take the jug from the motor block by lifting it up from the motor block.

4. Then remove the lid off the blender jug. Liquid products - from drink to viscous dough - you can pour from the blender jug.

IMPORTANT: Do not leave any food residue to dry on the parts of the appliance. Clean the equipment immediately after each use according to the instructions »Care and Cleaning«.

WARNING: A safety switch prevents operation of the engine without glass container. Therefore, the mixer can be switched on only when the glass container is correctly mounted on the motor block.

CAUTION: If the motor unintentionally falter or work unusually slow, then switch to >0< (switch position: OFF) - the power is off when all the lights are off - wait until the motor has come to a complete stop and pull the power plug. Otherwise, the motor may overheat. Refer to the instructions >Trouble Shooting<.

In case the knife wedge, the appliance turns off automatically. To start the blender again, unplug the power cord, take the lid off the blender jug, push the food down with a rubber scraper on the sides of the blender jug and clean up the blockage. Put the lid on the blender jug and start the blender by pressing the desired function key.

IMPORTANT: When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.

Note: The function keys are pre-programmed and turn the power off automatically and the appliance switches to the ready mode. >Ice Crush< program after approximately 70 seconds, >Smoothie< program after about 1 minute, >Interval< program "after about 50 seconds".

If you need a longer processing time, press the correspondent function key again.

Suggested uses for your blender

Food	Preparation & Usage	Function
Mayonnaise	Mix the egg yolk and vinegar. Add the oil. Use: dressings	Mixing (Level 1-12)
Whipped cream	Add sugar or vanilla if desired Use: topping	Mixing (Level 1-12) or Interval
Lean meat/ poultry	Trim excess fat and sinew, cut into 2cm cubes Use: mince	Mixing (Level 1-12) or Ice Crush
Fish/ seafood	Remove skin and bones and cut into 2cm cubes Use: mince	Mixing (Level 1-12) or Ice Crush
Raw vegetable	Peel and cut into 1.5-2cm cubes Use: stuffing, filling, puree, soup	Ice Crush
Nuts	Remove skin Use: cakes, toppings, pastes	Ice Crush
Bread or biscuit crumbs	Cut bread into 2cm pieces, break up biscuits Use: cheesecake crust	Ice Crush or Interval
Herbs/spices	Whole or halved Use: pastes, sauces	Interval or Ice Crush
Smoothie	Milk, whole fresh fruits, yogurt, ice cream Use: milkshake, frappé	Smoothie
Fresh fruit	Whole, chopped berries Use: dessert sauce	Mixing (Level 1-12) or Smoothie

Food	Preparation & Usage	Function
Dried fruit	Chopped dry fruit Use: fruit mince	Ice Crush
Ice	Crush Use: mixed drinks and cocktails	Ice Crush

CARE AND CLEANING

WARNING: To avoid injury to persons and damage, always turn the appliance off, wait for the motor to stop completely and unplug the appliance, immediately after operation and before assembling/disassembling or cleaning the appliance.

WARNING: Wear appropriate gloves if processing hot food. Ensure not to get burned on spilled over liquids or steam.

ATTENTION: Do not use abrasive cleaners, cleaning pads, corrosive chemicals (disinfectants, bleach) or any sharp or hard objects (i.e. metal scouring pads) for cleaning, for this could damage the surfaces. Always handle the entire appliance with care and without violence.

Cleaning the blender jug

1. Empty the blender jug and rinse it with warm water.
2. Place the blender jug on the motor block and ensure it is securely locked into position.
3. Fill the blender jug with 1 litre of warm soapy water (max. 60°C). The knife should be covered with water. Close the blender jug with the lid. Turn the appliance on using the Interval program. Let the motor run.
4. Turn the appliance off by turning the rotary switch to position **>0<** (all buttons illuminations will go out), wait for the blade to stop moving, pull the plug out of the power outlet and remove the blender jug off the motorblock.
5. Take the lid off the blender jug and pour out the water. Stubborn residues you can remove using a nylon washing brush or sponge.
6. Clean the lid and the inner lid with warm soapy water.
7. Rinse the blender jug, lid, and inner lid with clear water and dry the parts thoroughly and carefully with a cloth or leave all parts dry naturally where they are out of reach of young children.

Note: The blender jug, lid, inner lid, blade assembly housing and silicon seal are dishwasher safe. The lid, inner lid, blade assembly housing may be washed in the dishwasher in the top shelf only on a standard wash. The blender jug may be placed in the bottom shelf. Max. 60°C.

WARNING: Pay attention not to cut yourself cleaning around the blade or cleaning the blade.

IMPORTANT: The blender jug should be clean now. For the case that there are stubborn residues on the blender jug or the blade, disassemble the blender jug and clean the single part (see **>Assembling and disassembling the appliance<**). Soak the parts in warm soapy water.

Disassembling the blender jug and removing stubborn residues

WARNING: The blade is very sharp! Do not touch the blade. To handle the blade, always hold on to the blade assembly housing.

1. Remove the blender jug off the motor block and hold it over the sink or a large bowl. Turn the blender jug upside-down. The underside of the knife unit is now up. Grasp with the left hand the handle of the blender jug and with the right hand the plastic holder of the knife unit. Remove the knife unit by turning it counter-clockwise. Take the knife unit off the blender jug.

ATTENTION: The blender jug might be connected really tight to the holder. Do not use force unscrewing it.

2. Rinse all parts in warm soapy water. Soak stubborn residues for a few minutes and then remove them using a nylon washing brush or sponge. Do not cut yourself. Beware not to damage the silicone seal. If you can not get the sealing ring clean or if it is porous or damaged you have to replace it. Contact your vendor for replacement parts.

3. After cleaning rinse all parts with clear water and dry them carefully. You can also leave all parts dry naturally where they are out of reach of young children. When the parts are dry assemble the blender jug for storage or usage.

Cleaning the motor block

WARNING: Do not place the motor block in an automatic dishwasher or pour boiling water over it. Do not immerse the motor or power cord in any liquids or spill any liquids on it or place the motor on wet surfaces. Always wipe off spilled liquids immediately. Ensure that no water can run into the louvre. When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.

1. Always turn the appliance off, wait for the motor to stop completely, and unplug the appliance from the power outlet before you start cleaning the motor block.

2. Wipe the motor housing and power cord with a damp soft cloth. Take care not to spill or drip water or any other liquids on the motor housing.

ATTENTION: Ensure not to damage the drive gear. Never poke with anything into the motor-block. If necessary use a soft brush for cleaning. If any liquids run into the motorblock clean and dry the motorblock very carefully.

3. Thoroughly dry the motor block after each cleaning or leave it dry naturally where it is out of reach of young children. Afterwards assemble the appliance.

Attendance: You do not need to oil the motor. Clean the parts only as described in the instructions.

WARNING: Return the entire appliance to an authorised service centre for examination and repair.

STORAGE

Always clean the appliance before storing (see >Care and cleaning<). Assemble the blender jug complete and properly for storing to avoid injury from the knife and the loss of individual components. Put the jug into the socket of the motor base. In this way, sealing ring, blade assembly and drive wheel are best protected from dirt and damage.

Ensure to store the appliance where it is clean, dry and safe from frost, direct sunlight and inadmissible strain (mechanical or electric shock, heat, moisture) and where it is out of reach of young children. Place the appliance on a clean and stable surface, where it can not fall. Do not place any hard or heavy objects on the appliance.

TROUBLE SHOOTING

The Vital Blender Pro is reliable and robust and handling it with care it will operate properly. For the case that problems show up you can solve the problems on your own using the trouble shooting guide.

WARNING: Only use the appliance for the intended use. For attendance and repair take the appliance to an authorised service centre.

Problem	Solution
Motor doesn't start or blade doesn't rotate	Check that the power plug is securely inserted into the power outlet. Check that the blade assembly housing is correctly attached to the base of the blender jug and that the jug is securely locked into position. Check that the Start-/Stop button flashes and the selected program is illuminated. Be sure to press only one function button at a time.
The motor stops or you can not turn the motor on again	Turn the appliance off (Rotary switch position >0<) - the appliance is turned off when all indicator lights are not lit - wait for the motor to stop and remove the power plug from the outlet. Check following list: <ul style="list-style-type: none">- The program buttons are pre-programmed and turn the power off automatically and the appliance switches to the ready mode. >Ice Crush< program after approximately 70 seconds, >Smoothie< program after about 1 minute, >Interval< program "after about 50 seconds. Wait for a short time until you continue to work as usual.- The motor automatically shuts off for safety reasons, if the knives are wedged to protect from overheating. Remove the power plug from the outlet and carefully loosen the blockage in the blender jug before turning on the appliance.- Take the blender jug off the motorblock and clear out firmly bounded food that blocks the blade using a wooden or plastic spoon. Do not use force to avoid damaging the blade.- Chop hard ingredients such as nuts or chocolate before putting them into the blender jug. If necessary (because the blender jug is overloaded) pour out part of the content of the blender jug and try to restart the motor using the Ice Auto Pulse function to start with. <p>ATTENTION: Do not try to mix ingredients of very hard consistency or ingredients which are too big in size to avoid overloading the motor. Do not overfill the blender jug. Process very hard food in more than one go. The mixer is not intended for chopping nuts with shell, bones or similar hard ingredients.</p>
The motor sticks or slows down	Use the Ice Crush Program to pre-cut the food with short bursts of power. If necessary (because the blender jug is overloaded) pour out part of the content of the blender jug. Chop hard ingredients such as nuts or chocolate before putting them into the blender jug.

Problem	Solution
The bottom of the blender jug untightens during operation; liquid leaks.	<p>Turn the appliance >OFF< and pull the plug out of the power outlet. Empty the blender jug. Clean and dry the motorblock. If any ingress of moisture into the motorblock or through the louvre take the appliance for technical maintenance and repair to an authorised specialised reparation shop.</p> <p>Ensure the blender jug is properly assembled.</p> <p>Tip: Before filling liquid into the blender jug check if the blender jug is leak-proof by filling it with water. Check the sealing ring. If necessary replace damaged parts by original spare parts of the manufacturer.</p>
It is not possible to get the blender jug leak-proof; Liquid leaks from the bottom of the blender jug.	<p>Empty the blender jug. Disassemble the blender jug and check if there are crusts or damages on the single parts. Clean the parts if necessary.</p> <p>Replace damaged parts by original spare parts of the manufacturer. Assemble the blender jug according to the instructions. ATTENTION: Never use the appliance with improper or damaged parts. Only use spare parts provided and made by the manufacturer. Contact you vendor for help.</p>
The blender jug is screwed on too tight to the holder.	<p>Ensure to screw the holder counter-clockwise to get it loose.</p> <p>Tip: It is easier to loosen the blender jug if you put a drop of vegetableoil onto the sealing ring.</p>
Food is unevenly chopped	<p>Either too much food is being chopped at one time or the pieces are not small enough. Try cutting food into smaller pieces of even size and processing a smaller amount per batch. For best results the food should be chopped into pieces no larger than 2cm.</p>
Food is chopped too fine or is watery	<p>The food is over processed. Use brief pulses or process for a shorter time.</p>
Food sticks to blade	<p>Processing too much food. Turn the blender off and unplug the power cord. When the knives stop rotating, remove the blender lid and remove some food with a spatula.</p>
The programs can not be selected.	<p>Turn the rotary switch to the >program< position (the three indicator lights flash blue). Now the programs are selectable.</p>

NOTES FOR DISPOSAL



Dispose of the appliance and packaging must be effected in accordance with the corresponding local regulations and requirements for electrical appliances and packaging. Please contact your local disposal company.

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact your local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being. When replacing old appliances with new ones, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

INFORMATION AND SERVICE

Please check www.gastroback.de for further information. For technical support, please contact Gastroback Customer Care Center by phone: +49 (0)4165/22 25-0 or e-mail: info@gastroback.de.

WARRANTY

We guarantee that all our products are free of defects at the time of purchase. Any demonstrable manufacturing or material defects will be to the exclusion of any further claim and within warranty limits of the law free of charge repaired or substituted. There is no warranty claim of the purchaser if the damage or defect of the appliance is caused by inappropriate treatment, over loading or installation mistakes. The warranty claim expires if there is any technical interference of a third party without an written agreement.

The purchaser has to present the sales slip in assertion-of-claim and has to bear all charges of costs and risk of the transport.



RECIPES

DIPS, SAUCES, DRESSINGS, CURRY PASTES

Guacamole

1 large	avocado, peeled, stone removed and chopped
40 ml	lemon juice
½ cup	sour cream
1 tsp	minced garlic
1 tsp	chilli

Place all ingredients into blender jug and select mixing (level 1-12), blend until smooth. Serve with crustini and crudités.

Tip: Double the ingredients to serve 8.

Pesto dip

1 cup	fresh basil leaves
1 clove	garlic, peeled and chopped
40 ml	lemon juice
60 g	pine nuts
½ cup	olive oil
½ cup	cottage cheese
60 g	fresh Parmesan cheese, grated

Place all ingredients into blender jug and use the »Interval« program, blend until smooth. Transfer mixture to a serving bowl. Chill until ready to use. Serve with toasted turkish bread.

Ricotta and olive dip

1 bunch	fresh coriander, stems trimmed
200 g	ricotta cheese
200 g	cottage cheese
125 ml	light cream
2 tsp	lemon juice
½ cup	fresh parmesan cheese, grated
1 sp	drained capers
¼ cup	chopped black olives
½ cup	toasted pine nuts

Place all ingredients into blender jug and use the Blend function, blend until smooth. Transfer mixture to a serving bowl. Chill until ready to use. Serve as a dip for a selection of raw vegetables.

Smoked salmon paté

1 tsp	grated lemon rind
1 sp	lemon juice
125 g	cream cheese
100 g	smoked fish, skin and bones removed (salmon, trout or mackerel)
2 tsp	horseradish cream
1 tsp	fresh parsley sprigs
	white pepper, to taste

Place lemon rind, juice and cream cheese into blender jug, using the 'Ice Crush' function. Scrape mixture from sides of bowl with a spatula. Add fish, horseradish cream, parsley and pepper. Use the 'Ice Crush' function until chopped. Scrape mixture from sides of bowl with a spatula. Blend using mixing (level 1-12) until smooth. Remove paté from blender jug and spoon into a serving dish, smooth top, cover and refrigerate until well chilled. Serve with water biscuits or melba toasts.

Mayonnaise

2	egg yolks
1 tsp	dry mustard
1 sp	vinegar
125 ml	vegetable oil
	salt and white pepper, to taste

Place egg yolks, mustard, vinegar, salt and pepper into blender jug and blend using mixing (level 1-12) until light and fluffy. With blender running, slowly pour oil through inverted measuring cup in lid. Blend until mixture thickens. This should take about 1 minute.

Mayonnaise Variations:

Raspberry: replace 1 tablespoon vinegar with 1 tablespoon raspberry vinegar

Garlic: add 2 cloves garlic, peeled and chopped to the egg yolk mixture

Herb: add $\frac{1}{2}$ cup chopped mixed fresh herbs (such as basil, chives, parsley, thyme) to the prepared mayonnaise.

Avocado dressing

1 tsp	lemon juice
$\frac{1}{2}$ cup	sour cream
3 sp	cream
2 drops	tabasco sauce
1 tsp	honey
1	avocado, peeled, stoned and chopped
1 clove	peeled garlic, chopped

Place all ingredients into the blender jug. Select mixing (level 1-12), blend until smooth. Use as a dressing with potato salad.

Herb dressing

$\frac{3}{4}$ cup	mixed fresh herbs (parsley, coriander, mint, chives, rosemary, and basil)
1 clove	peeled garlic, optional
2 sp	olive oil
3 sp	balsamic vinegar

Place all ingredients into the blender jug. Select mixing (level 1-12), blend until combined. Serve with lamb, chicken, fish.

Creamy zucchini sauce

2 tsp	oil
3	zucchini, sliced
2	onions, chopped
165 ml	cream
60 g	butter, melted
$\frac{1}{2}$ cup	grated parmesan cheese
	freshly ground black pepper
	ground nutmeg

Heat oil in a medium fry pan and cook zucchini and onions for 4-5 minutes or until tender. Set aside to cool. Transfer mixture to blender jug. Select mixing (level 1-12), blend until smooth. Return mixture to fry pan, add remaining ingredients. Cook sauce over a low heat until it is almost boiling. Serve sauce immediately with cooked pasta.

Tip: Substitute zucchini for mushrooms, add 250 g mushrooms, sliced to make mushroom sauce.

Spicy peach sauce

410 g	canned sliced peaches
125 ml	white wine
2 cloves	peeled garlic, chopped
2 tsp	grated fresh ginger
1 small	red chilli, chopped
1 sp	lemon juice
2 sp	sweet sherry
2 sp	honey
2 tsp	light soy sauce

Place all ingredients into the blender jug. Select mixing (level 1-12), blend until smooth. Serve with poultry or pork.

Satay sauce

2 cloves	garlic, peeled
1 small	onion, peeled and quartered
2 tsp	peanut oil
½ cup	roasted peanuts
1 small	chilli, halved and seeded
165 ml	water
2 sp	lemon juice
1 sp	dark soy sauce
2 sp	coconut milk
1 tsp	brown sugar

Place garlic and onion into the blender jug, pulse until chopped. Heat peanut oil in a saucepan and cook garlic and onion mixture until lightly browned. Place remaining ingredients into the blender jug. Select mixing (level 1-12), blend until smooth. Pour combined mixture over garlic and onion mixture and stir over a gentle heat to warm through. Serve immediately or cover and store in the refrigerator.

Tip: Satay sauce may thicken on standing, if this happens stir in a little more warm water.

Thai green curry paste

4 large	green chillies, stems removed and roughly chopped
1 tsp	black peppercorns
1	onion, roughly chopped
2 cloves	peeled garlic
1 bunch	coriander, including root, washed and chopped
1 stem	lemongrass, trimmed and thinly sliced
1 tsp	salt
2 tsp	ground coriander
1 tsp	ground cumin
2 tsp	dried shrimp paste
1 tsp	ground turmeric
250 ml	oil

Place all ingredients into blender jug. Select >Interval program, blend to a smooth paste.

Tip: Scrape sides of blender jug with a spatula and add a little extra oil or tablespoon of water if necessary.

Tip: Store curry paste in an airtight blender jug in the refrigerator.

Tip: Substitute 2 teaspoons chopped lemon rind for lemongrass.

Tip: This curry paste is best suited to poultry. Allow 2 tablespoons paste per 500g poultry.

Malaysian curry paste

½ cup	coriander seeds
1 sp	cumin seeds
2 tsp	fennel seeds
¼ cup	dried chillies, broken
6 cloves	garlic, peeled
4 tsp	chopped fresh ginger
5 candle	nuts, chopped
2 sp	desiccated coconut
3 tsp	blachan (shrimp paste)
2 tsp	tamarind paste
2 tsp	ground turmeric
4 stems	fresh lemon grass, thinly sliced
400 ml	oil

Place all ingredients in blender jug. Select mixing (level 1-12), blend to a smooth paste.

Tip: Store curry paste in an airtight blender jug in the refrigerator.

Tip: Candle nuts, blachan and tamarind paste are all available in the asian section of most supermarkets or Asian grocery stores.

Tip: If candle nuts are difficult to find use another nut i.e. peanut, macadamia.

Tip: This curry paste is best suited to fish and shellfish. Allow 2 tablespoons paste per 500 g seafood or fish.

STARTERS

Nachos

155 g	corn chips
2	tomatoes, peeled and finely chopped
½ cup	grated tasty cheese
½ cup	grated romano cheese
Avocado topping	
1 large	avocado, stoned, peeled and chopped
2 tsp	lemon juice
½ cup	sour cream
2 spring	onions, chopped
2 tsp	minced garlic
1 tsp	chilli

Layer corn chips and tomatoes in an oven-proof dish, finishing with a layer of cheese. Bake at 200°C for 10-15 minutes, or until cheese melts and is golden. To make topping, place avocado, lemon juice, sour cream, spring onion, garlic, and chilli in blender jug. Select mixing (level 1-12) function, blend until smooth. Spoon the avocado topping onto corn chips and serve immediately.

Cheese sticks with pesto

12 slices	white sandwich bread, crusts removed
2 tsp	grain mustard
4 sp	grated parmesan cheese
½ cup	grated tasty cheese
1 sp	finely chopped fresh coriander
1	egg, lightly beaten
cayenne pepper	
vegetable oil for cooking	

Pesto

1 cup	fresh basil leaves
2 cloves	garlic
2 sp	lemon juice
60 g	pine nuts
½ cup	olive oil
60 g	grated parmesan cheese

Roll each side of bread with a rolling pin, to flatten as much as possible. Combine mustard, parmesan cheese, tasty cheese, coriander and cayenne pepper to taste in a bowl. Divide mixture between bread slices and spread over half of each slice. Brush unspread sides of bread slices with beaten egg. Roll each slice up tightly using the egg to seal rolls. Arrange side by side on a tray. Cover and refrigerate until ready to cook.

Heat oil in a frypan and cook cheese sticks, a few at a time until golden all over. Drain on absorbent kitchen paper. To make pesto, place all pesto ingredients into blender jug, select mixing (level 1-12) and blend until finely chopped and smooth. Serve with cheese sticks.

Tip: Use wholemeal or grain bread instead of white bread.

Prawn toast

6 slices	white bread, crusts removed
250 g	green prawns, shelled and deveined
1 sp	soy sauce
2 tsp	cornflour
2 tsp	snipped chives
1 tsp	finely chopped fresh ginger
1	egg, lightly beaten
1 cup	sesame seeds
oil for cooking	

Cut each slice of bread into four, finger lengths. Set aside. Place prawns, soy sauce, cornflour, chives and ginger in blender jug. Select mixing (level 1-12) and blend until smooth. Spread mixture on one side of each piece of bread. Brush with egg and sprinkle with sesame seeds. Heat oil in a frypan and cook bread pieces a few at a time until golden. Remove from oil with a slotted spoon, drain on absorbent kitchen paper. Serve immediately with a soy sauce dipping sauce.

SOUPS

Wonton soup

125 g	lean pork meat, trimmed and roughly chopped
125 g	green prawns, shelled and deveined
2 cm piece	ginger, peeled and sliced
1 sp	soy sauce
½ tsp	salt
1 clove	garlic
¼ tsp	sesame oil
16	wonton wrappers
1 x 60 g	egg, lightly beaten
1 litre	chicken stock
2	shallots, finely chopped

Place pork, prawns, ginger, soy sauce, salt, garlic and sesame oil in blender jug and pulse to a smooth paste. Place a teaspoon of mixture slightly below centre of wonton wrapper and brush edges of the wrapper with egg. Fold wrapper in half to make a triangle and press edges to seal, excluding any air. Moisten the two edges of the triangle with egg, bring together and pinch to seal. Drop wontons into boiling salted water and cook for 10 minutes. Meanwhile, bring chicken stock to the boil in a saucepan, reduce heat and simmer 2-3 minutes. Lift out wontons from boiling water and place four wontons each in four individual bowls, spoon over chicken stock. Garnish with chopped shallots.

Sweet corn and bacon soup

1 sp	oil
1	onion, chopped
4 cloves	garlic, peeled and crushed
2 tsp	ground coriander
1 tsp	cajun seasoning
2 cups	fresh corn kernels, thawed
3 cups	chicken stock
250 ml	milk
125 ml	cream
3	bacon rashers, rind removed and chopped
2 sp	snipped chives

Heat oil in a large saucepan and add onion, garlic, coriander and cajun seasoning. Cook over a medium heat, stirring constantly until onion is soft; add corn, stock, milk. Bring to boil, then reduce heat and simmer, covered for 30 minutes. Cook bacon in a separate pan until crisp, drain on absorbent kitchen paper. Allow mixtures to cool. Transfer mixture in two batches into blender jug select mixing (level 1-12) function, blend until smooth. Return soup to pan, add cream, bacon and chives, heat through gently. Serve immediately.

Pumpkin soup

2 sp	cooking oil
1 brown	onion diced
2 cloves	garlic, crushed
400 g	butternut pumpkin, peeled and diced
1 litre	chicken stock

Heat oil in a hot saucepan, add onions and garlic and sauté 5 minutes. Add pumpkin and toss to coat with the onion mixture, then add the stock and bring mixture to the boil.

Reduce heat to simmer for 20 minutes and cook with the lid on until the pumpkin is cooked. Allow mixture to cool and transfer in batches to blender jug. Select mixing (level 1-12), blend until smooth. Return pureed soup to saucepan to heat through, check seasoning before serving.

Sweet peppered tomato soup

1 sp	oil
2 cloves	garlic, crushed
2	leeks, sliced
2 x 410 g	canned tomatoes, mashed
2 tsp	chicken stock powder
1 sp	tomato paste
2 tsp	brown sugar
1	bay leaf
¼ tsp	dried thyme
1 tsp	chopped fresh mint
1 tsp	chopped fresh coriander
¼ tsp	ground cloves
2 sp	chopped fresh parsley
pinch	cayenne pepper

Heat oil in a large saucepan, add garlic and leeks, cook over medium heat for 2-3 minutes or until leeks are soft. Combine tomatoes, stock powder, tomato paste, brown sugar, bay leaf, thyme, mint, coriander, cloves and pepper. Pour into pan with leek mixture, bring to boil, then reduce heat and simmer, uncovered for 20 minutes or until liquid has reduced by one third. Allow the mixture to cool. Transfer mixture into two batches into blender jug, select mixing (level 1-12), blend until smooth. Ladle soup into serving bowls, sprinkle with parsley and serve immediately.

SALADS

Prawn salad with raspberry sauce

500 g	cooked prawns, peeled and deveined
100g	salad mix
100g	snow pea sprouts
1	orange, peeled and segmented
2	kiwi fruit, peeled and sliced

Raspberry Sauce

125 g	fresh or frozen raspberries, thawed
2 sp	balsamic vinegar
2 sp	vegetable oil
1 tsp	finely chopped fresh mint
1 sp	sugar

Arrange prawns, salad mix, sprouts, orange segments and kiwi fruit attractively on a serving platter and chill until required. To make sauce, place raspberries into blender jug, select mixing (level 1-12), blend until smooth. Push through sieve to remove seeds. Combine raspberry puree with vinegar, oil, mint and sugar. Pour sauce over salad and serve immediately.

Tip: Substitute prawns for 2 lobster tails, cooked and shells removed. Cut lobster tail flesh into thick medallions approximately 1cm thick.

Fresh vegetable salad with pepita dressing

2	carrots, cut into thin strips
1	parsnip, cut into thin strips
125 g	green beans, sliced
1	beetroot, cooked, cut into thin strips
1	red apple, chopped
2 tsp	lemon juice
1 sp	chopped fresh coriander

Pepita dressing

100 g	pepita (Mexican pumpkin) seeds, toasted
1 sp	lemon juice
2 sp	balsamic vinegar
1 clove	garlic, chopped
1 sp	dijonaise mustard

Combine carrots, parsnip, beans, beetroot, apple, lemon juice and coriander. Toss well then arrange in a serving bowl. Chill until required. To make dressing, place all ingredients into blender jug, select pulse Crush program and blend until smooth. Transfer to a bowl and serve with vegetable salad.

Egg salad with fresh herb dressing

1 bunch	rocket leaves, washed and trimmed
6	hard boiled eggs, peeled and quartered
2	italian tomatoes, quartered
1	avocado, stoned, peeled and cut into slices
12	black olives, pitted

Fresh Herb dressing

1 cup	light sour cream
2 sp	chopped fresh parsley
1 sp	chopped fresh basil leaves
1 sp	chopped fresh coriander
2 sp	apple juice
1/4 tsp	ground nutmeg
	ground black pepper

Arrange rocket leaves, eggs, tomatoes, avocado slices and olives attractively on a serving platter. Chill until required. To make dressing; place sour cream, parsley, basil, coriander, apple juice, nutmeg and pepper to taste into blender jug, select mixing (level 1-12), blend until smooth. Pour dressing over salad and serve immediately.

MAIN MEALS

Thai fish cakes

1 small	onion, peeled and quartered
2 cloves	garlic, peeled
2 thick slices	peeled ginger
2	red chillies
2 cm piece	fresh lemongrass
6	fresh kaffir lime leaves
1/4 bunch	coriander, roughly chopped
350 g	white boneless fish fillets, cubed
1 x 60 g	egg
2 sp	water
1 sp	fish sauce
8	green beans, sliced
	oil for shallow frying

Place onion, garlic, ginger, chillies, lemongrass, lime leaves and coriander in blender jug, use *>Ice Crush<* program until a smooth paste. Add fish, egg, water and fish sauce, select mixing (level 1-12) and blend until smooth. Remove mixture from the bowl and stir in sliced beans. Shape mixture into 24 fish cakes. Heat oil in a large fry pan and cook fish cakes on a medium heat until golden on both sides and cooked through, approximately 10 minutes. Serve with cucumber sauce made by combining 1/3 cup warmed honey with 1 tablespoon lime juice and 1 tablespoon finely chopped, peeled cucumber.

Rosemary parmesan crusted lamb steaks

4 slices	white bread, crusts removed
1/4 cup	grated fresh parmesan cheese
2 tsp	fresh rosemary leaves
4	lamb leg steaks
1	egg, lightly beaten
2 sp	oil
60 g	butter
1 sp	lemon juice
2 sp	drained capers
	plain flour

Break bread slices into pieces, place into blender jug with parmesan cheese and rosemary leaves. Select *>Ice Crush<* program until fine bread crumbs form. Transfer crumb mixture to a large plate. Toss meat in flour, shake away excess, dip into egg and coat with bread crumb mixture. Heat oil in a fry pan, add meat, cook over medium heat until golden brown. Remove from pan and drain on absorbent kitchen paper. Set aside and keep warm. Wipe pan clean, heat butter, stir in lemon juice and capers, cook until heated through. Serve lamb steaks with lemon sauce.

Fish Bites with egg and lemon sauce

500 g	white fish fillets, chopped
3/4 cup	stale breadcrumbs
2 cloves	garlic, chopped
1/2 teaspoon	turmeric
1 sp	paprika
1 tsp	ground cumin
1 sp	chopped fresh coriander
1 tsp	grated fresh ginger
1	egg, lightly beaten
3 cups	chicken stock
	Egg and lemon sauce
1	egg
1	egg yolk
1/4 cup	lemon juice

Place fish, garlic, turmeric, paprika, cumin, coriander and ginger into blender jug, Select mixing (level 1-12), blend until smooth. Remove from blender, shape into small balls

approx. 2-5cm in diameter. Place stock into a large saucepan, bring to the boil. Reduce heat to simmer, cook fish balls in batches for 5-6 minutes or until cooked through. Remove from pan with a slotted spoon. Set aside and keep warm. Reserve ½ cup of hot stock. To make sauce, beat egg and egg yolk in a small bowl until thick and creamy, gradually add lemon juice and reserved stock. Pour egg mixture into a pan, add fish bites, cook gently until heated through. Serve immediately.

Lamb and tabbouleh pita pockets

500 g	minced lamb
2	eggs, lightly beaten
1 cup	stale breadcrumbs
1	onion, finely chopped
2 sp	chopped fresh mint
½ tsp	ground cinnamon
½ tsp	ground coriander
½ tsp	ground cumin
1 small	red chilli, finely chopped
2 tsp	turmeric
½ tsp	garam masala
6	pita pockets
½ cup	plain yogurt
Tabbouleh	
2/3 cup	burghul
2 cups	chopped fresh parsley
2 sp	chopped fresh mint
1	tomato, seeded, chopped
1	yellow capsicum, seeded and chopped
¼ cup	oil
2 sp	lemon juice
2 cloves	garlic, chopped

Place lamb mince, eggs, breadcrumbs, onion, mint, cinnamon, coriander, cumin, chilli and garam masala in a blender jug. Select mixing (level 1-12) until it is well combined. Place the ingredients into a bowl, form into small sausage shapes. Grill or barbecue until cooked through.

To make tabbouleh, place burghul in a bowl, cover with hot water, stand for 30 minutes. Drain and squeeze dry. Place burghul, parsley, mint, tomato, capsicum, oil, lemon juice and garlic into blender jug, select

›Ice Crush‹ program until ingredients are finely chopped. Transfer mixture to a bowl, cover and refrigerate until required. Open pita pockets, using the point of a sharp knife. Place spoonful of tabbouleh into each pocket, top with lamb sausage then drizzle with yogurt. Serve immediately.

Tip: Burghul is cracked wheat and is available at health food stores and delis.

SWEET TREATS

Chilled cheesecake

250 g pkt	plain sweet biscuits, broken
125 g	butter, melted
250 g	cream cheese, cubed and softened
400 g can	sweetened condensed milk
½ cup	cream
1 sp	grated lemon zest
1/3 cup	lemon juice
1 punnet	raspberries, washed

Place biscuits in blender. Use the ›Ice Crush‹ program until finely crushed. Add melted butter to blender jug and continue to blend until well combined. Press biscuit mixture over base and sides of a greased 20cm spring form pan. Chill until firm. Place cream cheese, condensed milk, cream, lemon zest and juice in blender jug. Select mixing (level 1-12) function, blend until smooth. Pour into prepared crumb crust, cover and refrigerate for at least 24 hours before serving. Place raspberries into blender jug and puree.

If desired, sweeten raspberry puree with a little icing sugar. Serve with whipped cream and raspberry puree.

Tip: Cream cheese is best softened at room temperature.

Mixed berry crepes

2 x 60 g	eggs
250 ml	milk
1 sp	butter, melted
1 cup	plain flour
2 tsp	caster sugar
1/4 cup	caster sugar, extra
1/4 cup	water
250 g	mixed fresh berries (strawberries, raspberries, blueberries), washed and hulled

Place eggs, milk, butter, flour and caster sugar into blender jug. Select mixing (level 1-12) function, blend until smooth. Allow to stand for 1 hour. Heat a small non stick frypan or crepe pan.

Pour 1/4 cup batter into pan, swirling to cover base. Cook on medium heat until underside is golden, approximately 1 minute. Remove from pan and place on a plate. Repeat with remaining batter, stacking crepes onto plate and interweaving with grease proof paper. Set aside. To make mixed berry sauce, heat extra sugar and water in a small saucepan until dissolved. Add mixed berries and cook until soft. Let the mixture cool down, place mixture in blender jug and blend until smooth, select mixing (level 1-12) function. Fold crepes into quarters and arrange in an ovenproof dish overlapping layers. Pour over sauce and bake in a preheated oven at 200°C for 10-15 minutes. Serve with scoops of vanilla ice cream.

Tip: Brandy can be added to mixed berry sauce if desired.

COCKTAILS

Margarita

60 ml	tequila
60 ml	cointreau
80 ml	lime juice
12	ice cubes

Place tequila, contreau, lime juice and ice cubes into blender jug. Select >Ice Crush< program, blend until well combined and ice is crushed. Serve in salt rimmed glasses.

Sunset cooler

375 ml	sauternes
2 cups	frozen pears, peeled, cored and diced
1 cup	frozen apricots, de-seeded and diced
1 sp	lemon juice

Place all ingredients in blender jug. Select >Ice Crush< program, blend until smooth.

Tip: Sauternes is a sweet dessert wine.

Tip: Place diced fruit in a plastic bag and freeze until firm.

Frozen sangria

250 ml	fruity red wine, chilled
125 ml	cranberry or red grape juice
125 ml	lemon sorbet
80 ml	orange concentrate
1/2 cup	fresh seedless grapes, frozen
1 cup	tinned plums, drained

Place all the ingredients in a blender jug. Select >Ice Crush< program, blend until smooth.

Pina colada

2 sp	white rum
2 sp	coconut cream
2 tsp	sugar
3/4 cup	unsweetened pineapple juice
10	ice cubes

Place all ingredients into blender jug. Select >Ice Crush< program, blend until well combined and ice is crushed. Serve immediately.

NON ALCOHOLIC DRINKS

Wild thing

1 cup	orange juice, chilled
1 punnet	strawberries, hulled
½ tsp	grated orange rind
1 sp	oatmeal
2 large scoops	wildberry vitari or another frozen fruit based yogurt

Place all ingredients into blender jug. Select >Ice Crush< program, blend until smooth and thick. Pour into two glasses and serve immediately.

Golden orchard

1 cup	apple juice
½ cup	thick plain yogurt
310 g	mandarin segments, drained
1½ tsp	golden syrup

Place all ingredients into blender jug. Use the >Smoothie< program, blend until smooth and thick. Pour and serve immediately.

Tip: Try using natural yogurt with live acidophilus and bifidus cultures. They promote a healthy intestinal system and good digestion.

Fruit cocktail

250 ml	pineapple juice
1	banana, peeled and chopped
1	orange, skin and pith removed then quartered
250 ml	soda water
2 sp	passionfruit pulp

Place all ingredients in blender jug except soda and passionfruit. Use the >Smoothie< program, blend until well combined. Stir in passionfruit pulp and soda water and serve immediately in cocktail glasses.

FRAPPÉS, SMOOTHIES AND MILKSHAKES

Rockmelon and pineapple frappé

1 cup	chopped rockmelon
1 cup	canned pineapple pieces
1 cup	ice
	mint leaves, to serve

Place rockmelon, pineapple and ice into the blender jug. Use the >Smoothie< program, blend until all ingredients are crushed and mixture is smooth and thick. Serve with chopped mint leaves.

Raspberry, orange and passion-fruit frappé

1 punnet	fresh raspberries or 2 cups frozen (allow to thaw until just soft)
Juice of 2	oranges
Pulp of 2	passionfruit
2 cups	ice

Place all ingredients into blender jug. Use the >Smoothie< program, blend until smooth and well combined. If desired, add honey or sugar to sweeten.

Peppermint tea and citrus whip

250 ml	strong brewed peppermint tea, chilled
1 cup	lemon or citrus sorbet
1½ cups	fresh orange segments, frozen
1 cup	fresh grapefruit segments, frozen

Place all ingredients into blender jug. Use the >Smoothie< program, blend until smooth. Serve immediately.

Tip: Place citrus segments in a plastic bag and freeze until firm.

Banana smoothie

2	bananas, peeled and chopped
1 cup	unflavoured yogurt
250 ml	milk
1/3 cup	honey

Place banana, yogurt, milk and honey into blender jug. Use the >Smoothie< program, until well combined. Serve immediately.

Peanut smoothie

500 ml	milk
2 large scoops	ice cream
2 sp	smooth peanut butter
1 sp	protein powder

Place all ingredients into blender jug. Use the >Smoothie< program until well combined. Serve immediately.

Power shake

2 sp	cocoa powder
1 tsp	instant coffee
2 sp	boiling water
2 sp	sugar
1	egg
1 tsp	wheat germ
500 ml	milk

Dissolve cocoa and coffee in boiling water. Combine with sugar, egg, wheat germ and milk. Pour into blender jug and use the >Smoothie< program until smooth and frothy. Serve immediately.

Mango smoothie

2	mangoes, peeled and sliced
1 1/2 cups	unflavoured yogurt
250 ml	orange juice

Place all ingredients into blender jug. Use the >Smoothie< program until well combined. Serve immediately.

Strawberry and passionfruit milkshake

1 punnet	strawberries, hulled
Pulp of 4	passionfruit
500 ml	milk, chilled
4 scoops	passionfruit ice cream
2 sp	strawberry topping

Place strawberries in blender jug. Use the >Smoothie< program, puree until smooth. Add half passionfruit pulp, milk, and two ice cream scoops. Use the Blend function, blend until smooth and thick. Pour into two glasses then top with remaining ice cream and passionfruit pulp and strawberry topping. Serve immediately.

Chocolate malted smoothie with caramel sauce

500 ml	milk, chilled
3 sp	malted milk powder
4 scoops	vanilla ice cream
4 scoops	chocolate ice cream
4 sp	caramel sauce

Chocolate curls for garnish (optional)

Place milk, malted milk powder and vanilla ice cream in blender jug. Use the >Smoothie< program until well combined. Divide between 2 glasses and add chocolate ice cream. Top with caramel sauce and garnish with chocolate curls.

Tip: Create chocolate curls to garnish your drinks by using a potato peeler.

Tip: Substitute the dairy products to suit you: i.e. replace milk or ice cream with soy or low fat variations.

Tip: Milkshakes and smoothies are a great way to get your kids to eat fruit.

MEALS FOR BABIES

Apple and carrot

1	apple, peeled and cored
1	carrot, peeled and chopped

Cook apple and carrot in a microwave oven or steamer until tender. Cool. Place ingredients into blender jug with a little water and select mixing (level 1-12) function and blend until smooth.

Golden puree

½ small	sweet potato, peeled and sliced
3	baby squash, trimmed and halved

Cook sweet potato and baby squash in a microwave oven or steamer until tender. Cool.

Place ingredients into blender jug with a little water and select mixing (level 1-12) function and blend until smooth.

Avocado and pear

½	ripe pear, peeled and halved
½	avocado, stoned and peeled

Place ingredients into blender jug and select mixing (level 1-12) function and blend until smooth.

Tip: Serve immediately to avoid fruit discolouring.

Apple and banana custard

½ small	apple, cored
1 small	banana, peeled and diced
½ cup	prepared baby custard

Cook apple until just soft. Cool. Place cooled apple and banana into blender jug and select mixing (level 1-12) function and blend until smooth. Fold fruit into custard.

Tip: Serve immediately to avoid fruit discolouring.

MEALS FOR TODDLERS

Fast fish

100 g	tuna or other cooked flaked fish, bones removed
1	zucchini, sliced and cooked
½	potato, diced and cooked

Place cooled ingredients into blender jug and select mixing (level 1-12) function and blend until smooth. Serve chilled or warm.

Creamy chicken and apricot

5	dried apricots
75 g	boneless chicken, diced
200 ml	chicken stock or water
1 sp	natural yogurt

Combine all ingredients in a small saucepan, except yogurt. Bring to boil, reduce heat and simmer 10-12 minutes or until chicken is cooked. Cool slightly. Place cooled ingredients into blender jug and select mixing (level 1-12) function and blend until smooth. Warm before serving.

Baby muesli

1 sp	rolled oats
2 sp	baby rice cereal
1 tsp	sultanas
½ small	apple, peeled, sliced
4 sp	prepared formula milk

Place rolled oats, rice cereal, sultanas and apples in blender jug. Use and select mixing (level 1-12) function and blend until roughly chopped. Warm before serving.

GASTROBACK GmbH

Gewerbestraße 20 · 21279 Hollenstedt / Germany

Telefon +49 (0)41 65/22 25-0 · Telefax +49 (0)41 65/22 25-29

info@gastroback.de · www.gastroback.de